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**METRO VIDEO
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BEST OF MY FRIENDS,
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**WORLD CUP
DUTCH COACH WON'T
CHANGE TACTICS
SEMIFINAL TODAY** {page 17}



EDMONTON

metro®

Tuesday, July 6, 2010
www.metronews.ca



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Hall signs up

► New Edmonton Oiler Taylor Hall shakes hands with Oilers general manager Steve Tambellini yesterday. The promising young left winger signed a three-year deal with the team. Story, page 2.

Wellness

The lives of soccer wives

► Better halves of world's top players speak on health, beauty and beating the pre-match butterflies {page 13}

Hockey enforcer dies after collapse

NHL tough guy
Bob Probert dead
at 45 {page 17}



Top spy won't back down

Chief of CSIS still mum on
foreign influence claim {page 6}

Cops keep eye on mob funeral

No arrests yet in death of
reputed crime boss {page 7}



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On the web at metronews.ca



CSIS chief stands by claim of foreign influence in provincial politics, and says Canadians should know about it. Watch video at metronews.ca/canada

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Scan code for local news

Hall inks deal with Oilers

- ▶ Former Spitfire signs biggest rookie contract in team history
- ▶ Left-winger starts camp tomorrow



ANDREAS MORSE
@METRONWS.CA

It was the first day on the job for the Oilers' first overall pick yesterday as Taylor Hall inked his first NHL contract with the club.

The 18-year-old, Calgary-born left-winger signed a three-year entry-level contract a day before the Oilers' development camp begins at Clareview Arena.

"It's an exciting day for me. Obviously signing an NHL contract is a big deal but this is just the first step for me and the Oilers organization," Hall said at a press conference at Rexall Place yesterday.

"I'm excited to get it done with and to start camp tomorrow."

General manager Steve

45

Hall led the Windsor Spitfires in goals during his rookie season, scoring 45.

Tambellini joined Hall at the press conference with pen and contract in hand. Tambellini said the signing is just the beginning of a new era for both the team and the player.

"It's a huge moving forward step again that allows us to have a chance to be a great team one day," Tambellini said.

"This is the beginning. We have a lot of work to do but I do know that we are a team that has a chance to win and this young man is going to be there with us."

Hall of fame

Fast facts on the Oilers' latest signing.

- ▶ Hall was named the OHL's Rookie of the Year and the CHL Rookie of the Year in 2007-2008.
- ▶ He led his team in points in his sophomore season and won the Memorial

Cup for the first time, earning a playoff MVP award in the process.

- ▶ In his third season with the Spitfires, Hall was again named MVP of the playoffs, the first player in the history of the honour to repeat the win. He led his team to a second Memorial Cup victory in as many years.



▶ Taylor Hall calls for the puck during the CHL/NHL Top Prospects game in January.

Girl, 15, mourned after fatal ATV crash

Friends and family of a 15-year-old teen from Legal who was killed in an ATV crash over the weekend say she was a "beautiful" girl who "always smiled."

Mounties say Ashton Parrish was thrown from an ATV she riding on Saturday with two other youths, including a 14-year-old driver.

Police say the crash happened in an area near Spruce Island Lake, located

roughly 86 kilometres north of Edmonton.

"It just doesn't feel like you're gone," said friend Tamara Russell on a Facebook group page friends and family created to honour Parrish.

"Your smile could light up the world, and your laugh, so contagious," she wrote.

"I could have laughed for hours over nothing."

● JEFF CUMMINGS



▶ Ashton Parrish

News in brief

Ludwig fails to quash firms' peace bond bid

COURTS. Alberta eco-activist Wiebo Ludwig has failed to block a court application by energy companies for a peace bond to keep him away from their wells.

Encana, Canadian Superior Energy and Seaview Energy Inc. applied for the bond earlier this year. In the application the companies said they feared that Ludwig, his son Ben and family

friend Richard Boonstra could injure their employees or damage their property.

THE CANADIAN PRESS

Stelmach mourns death of Shields

DEATH. Premier Ed Stelmach and the legislature are mourning the death of entrepreneur and community leader Tom Shields, who died yesterday.

Stelmach, who was a friend of Shields', says that he will be remembered for his service and dedication to the community and his family. ● METRO EDMONTON

On the hunt for a job in tough times

► Young people pour into Canada Place job fair ► Statistics show unemployment rate is dropping



JEFF CUMMINGS
EDMONTON
@METRONEWS.CA

Dozens of young people looking to find a job poured into Canada Place yesterday and some say they've been struggling to land a job within the last few months.

"It's hard to get a job right now," said 19-year-old Brandon Eady, who has been out of work since January. "Going through this recession has been a bit of a struggle. It's been pretty stressful."

The Edmonton Service Canada Centre for Youth hosted the summer job fair for the first time in three years, attracting more than 30 employers into Canada Place yesterday. The fair was also a chance for young people between 18 and 30 to brush up their resumes

'Upbeat'

► Finding a job in Edmonton is much easier, says the Conference Board of Canada. A new report from the not-for-profit research group says the help-wanted index in the city is "upbeat."

49,000

Statistics Canada says that's how many Albertans are collecting employment insurance benefits as of April. It's down by 2,500 from the previous month.

and interviewing skills, said co-organizer Tammi Chung. "We're telling (the job seekers) to be very confident and excited about working," said Chung.



► Brandon Eady, 19, meets with an employer at a summer job fair at Canada Place, which was organized by the Edmonton Service Canada Centre for Youth.

Coach's connection to Dutch World Cup star



ANDREAS MORSE
EDMONTON
@METRONEWS.CA

It may be hard to believe that the head coach of Edmonton's newest pro soccer team once coached one of the best players in the world, but that's exactly the case with FC Edmonton's Dwight Lodeweges.

The Dutch-Canadian skipper earned his stripes in the old country coach-

ing teams like FC Zwolle, PSV Eindhoven, and FC Groningen, where he had a young Arjen Robben on his roster for the 2001-02 season.

The Dutch Eredivisie team barely survived relegation that year but it wasn't for a lack of effort from the current Dutch superstar.

Since leaving FC Groningen, Robben has become one of the biggest names in European soccer



► Arjen Robben's Dutch squad takes on Uruguay today.

and has played for the likes of Chelsea, Real Madrid and Bayern Munich.

After beating mighty Brazil in the quarterfinals

Arjen Robben ► Born: Jan. 23, 1984 ► Plays club soccer with Bayern Munich of the German Bundesliga ► Won the Dutch Eredivisie with PSV Eindhoven	► Joined Chelsea in 2004 ► Won consecutive Premier League titles with Chelsea ► Moved to Real Madrid for 35 million Euros and in 2009 he was transferred to Bayern
--	--

of the World Cup in South Africa, the Netherlands are battling it out for a spot in the finals against Uruguay at 12:30 p.m. today.

Shadow Theatre back on stage

The Shadow Theatre is back with its 2010-2011 season, featuring two world premieres, a Canadian premier, and a special mystery play, amongst others.

The new season includes a variety of plays, including the Canadian premier of *Women Who Steal*, a play

about a housewife dreaming of becoming a movie heroine, and a play about a journalist racing against the clock to expose the crimes of a popular movie actor in *Meat Puppet*. Passes start at \$45 and are available at tinxonthesquare.ca.

METRO EDMONTON

A cemetery doesn't have to be frightening

Even though Halloween isn't until October, tours of select cemeteries around Edmonton are being given through the summer to showcase another side of the city's

history.

A Walk Through Time — City Cemetery Tours can be taken at three different cemeteries across Edmonton on dates ranging from July 7 to Aug. 24.

Each cemetery tour is approximately 90 minutes long and costs \$5. Participants can sign up for the tours online at <http://ereg.edmonton.ca/> or by calling 311.

METRO EDMONTON

Esks mourn death of Oscar Kruger

The football community is mourning the death of former Eskimo star Oscar Kruger. Kruger died Sunday at 77 after a lengthy illness.

The Eskimo Wall of Honour inductee played 12 seasons for the team. Kruger was a three-time Grey Cup champ, four time All-Star,

and top Canadian in 1963. Former team announcer Bryan Hall said that he will be missed.

"As a player, Oscar inspired respect from teammates and opponents," Hall said. "As a person, he was a true gentleman and friend."

METRO EDMONTON

More charges laid in attack

A man who city cops have now identified as a suspect in a Canada Day attack on a 92-year-old woman has also been charged with sexual assault.

Kevin William Harris, 36, has been charged with housebreaking with intent, unlawful confinement, robbery, sexual assault, theft under \$5,000, possessing break-in instruments, trespassing and resisting a peace officer.

"Always be aware of who you are allowing into a residence. Unfortunately, there are people capable of doing this on occasion. We really encourage people to think about their personal safety."

ACTING STAFF SGT. RYAN TEBB WITH WEST DIVISION

Police say Harris is currently in custody.

A man forced his way into the woman's home near 100 Avenue and 150 Street sometime around 2

p.m. last Thursday, police said.

Investigators say the woman answered a knock on the door and was greeted by a muscular man who

pushed his way into the house.

The man allegedly fled on an adult tricycle moments after the attack, police said.

The woman suffered non-life-threatening injuries, and police say the suspect was arrested after city cops found him sleeping on a patio in an area near 117 Street and 100 Avenue Sunday.

● JEFF CUMMINGS

Indy organizers seek extra hands

- Cook, volunteer positions still available for three-day event
- Kickoff two weeks away on July 23



JEFF CUMMINGS

EDMONTON@METRONEWS.CA

Single-day tickets for this summer's Honda Indy Edmonton are, so far, right on track, but three-day packages for the event are down, say organizers.

And organizers are still hoping to fill roughly 150 volunteer and paid jobs before the event kicks off on July 23, said Victoria Cruz, a recruiter for the Indy.

Organizers behind Capital Ex are also hoping to fill 100 volunteer positions before July 22.

A Northlands spokesman says packaged sales for the event are down by 20 per cent, but there's no need to hit the panic button.

Cruz says the Indy is mostly looking for cooks

In on the action

Spare time?

- Online For more information on volunteering, check out www.edmontonhondaindy.com

\$3.9M

The Indy lost \$3.9 million after last year's event, and another \$5.3 million in 2008.

at the event, though organizers are still scrambling to find volunteers.

"It's not dire yet, but the race is only two weeks from happening," said Randy Killburn, a spokesman with the Indy.

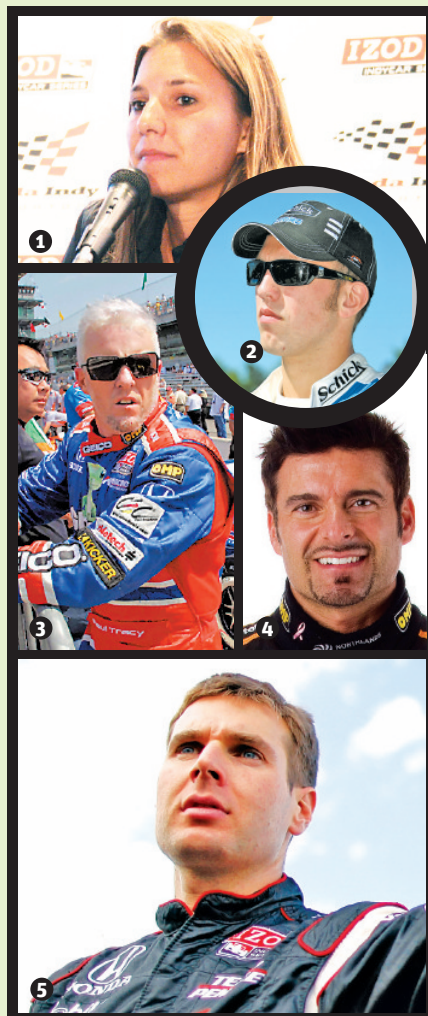


► Paul Tracy climbs into the No. 14 ABC Supply Co. A.J. Foyt Racing Dallara Honda during practice for the IRL IndyCar Series ABC Supply/A.J. Foyt 225 in May 2009 at the Milwaukee Mile in Wisconsin.

DARRELL INGHAM/GETTY IMAGES

Honda Indy in pictures

PHOTOS
1. STEFAN STRANGMAN/FOR METRO EDMONTON
2. CONTRIBUTED PHOTO
3. DARRON CUMMINGS/THE ASSOCIATED PRESS
4. CONTRIBUTED PHOTO
5. JONATHAN FERREY/GETTY IMAGES



1 Swiss racer Simona De Silvestro is looking to make a splash in Edmonton during her rookie season this summer. The rookie had nine podium finishes during the 2009 Atlantic Championship season.

2 Racing in the NASCAR Canadian Tire Series, JR Fitzpatrick, from Cambridge, Ont., will be racing in NASCAR events north and south of the border throughout the summer, including events in Montreal, Toronto, and Edmonton. In the U.S., he will be racing for Dale Earnhardt Jr.'s JR Motorsports. In Canada, he already has one victory and the points lead in the NASCAR Canadian Tire Series.

3 Canadian Paul Tracy, the 2003 ChampCar World Series Champion, is making another comeback in Edmonton. Tracy posted his best start (ninth) and finish (sixth) in the City of Champions in 2009.

4 Quebec racer Alex Tagliani had an impressive 2009 season with three top-10 finishes in six races, including winning rookie of the year honours for his 11th-place finish in Indianapolis.

5 While no racer has been confirmed for Edmonton, Will Power led an impressive 90 of 95 laps to win the Edmonton Indy last year — his first-ever career victory in the IZOD IndyCar series. The Aussie hopes to repeat come July 25. ● METRO EDMONTON

News in brief

Online ballots for city vote

ELECTION. Edmontonians who won't be in the city for the Oct. 18 Edmonton election will still be able to cast a vote thanks to a special online ballot package.

Starting July 1, voters will be able to apply for their ballot packages, which will be available to them on nomination day, Monday, Sept. 20.

Voters can apply for their ballot package at www.edmonton.ca/election or by calling the Elections office at 780-442-VOTE (8683).

Esks name new head therapist

CFL. The Edmonton Eskimos have named Nate Hay as their new head athletic therapist, replacing TD Forss yesterday.

Hay has been the assistant therapist for the green and gold since 2008, and is a graduate of the

University of Alberta, holding a certificate in athletic therapy from Mount Royal University. He has previously done work with the Cracker-Cats baseball club, the U of A football teams and the St. FX Baseball Academy.

The Eskimos host the Montreal Alouettes on July 11 at 5 p.m. For tickets, call 780-448-ESKS (3757).

July push on for motorbike safety

TRAFFIC. July has been designated motorcycle safety

month in support of Road Safety Vision 2010.

With increased numbers of motorcycles on Edmonton's roads during the summer, The Alberta Integrated Traffic Units wants to raise awareness about the importance of safety while operating motorcycles.

While motorcyclists need to concentrate more on getting to their destination, other motorists need to keep in mind that they share part of the responsibility for everyone's safety too.

● METRO EDMONTON

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BP looking to share the cost of cleanup

As BP PLC's costs for the disastrous Gulf of Mexico oil spill climb to just over \$3 billion US, the British oil giant is billing partners Anadarko Petroleum Corp. and Japan's Mitsui for their shares of the cleanup.

BP has billed Anadarko, a 25 per cent stakeholder in the blown-out well, for more than \$250 million so far. It also has reportedly billed Mitsui, a 10 per cent partner, for \$111 million.

"They are partners in the field, and as responsible partners we would expect them to bear some of the costs," BP spokeswoman Sheila Williams said.

Anadarko, based in The Woodlands, Tex., said in a statement that it is reviewing the \$272.2-million bill sent last week and "assessing our contractual reme-

A new hope?



A giant new oil skimming vessel is being tested in the Gulf. But lousy weather means it may be longer than first hoped before it's known when it can get to work full time.

dies." Calls to Mitsui & Co. for comment weren't immediately returned.

THE ASSOCIATED PRESS

What the heck is 2204355?

It's not surprising that Google's latest list of hot searches includes queries about Canada Day, some recent movies, and the dreaded HST being launched in Ontario and British Columbia.

But what is 2204355 and why are so many people searching for it?

It appears to be one of those unexplainable viral sensations that appear out of nowhere and propagate across the web for no good reason.

In the confounding video, a smiling young man is double fistfing two chicken drumsticks in front of an animated rainbow-coloured background. He dances to a song that sounds like it

Clues

Web sleuths have discovered the video of the dancing man appears to have been snipped from a bizarre Kentucky Fried Chicken commercial.

Who created it? No one knows.

What's it supposed to mean? That's also anyone's guess.

would soundtrack an old Nintendo video game and occasionally takes bites of chicken. THE CANADIAN PRESS



Watch the video at metronews.ca

Reunited and it feels so good

South America's 19th century independence hero Simon Bolivar was reunited yesterday with his controversial and audacious lover at a graveside ceremony.

A coffer containing the symbolic remains of Manuela Saenz, credited with helping Bolivar liberate several South American nations from Spain, was moved alongside Bolivar's tomb. The government of President Hugo Chavez is portraying her as one of the continent's great heroines. THE ASSOCIATED PRESS



Hugo Chavez



CSIS head Richard Fadden waits to testify at the Commons public safety committee yesterday.

Top spy won't back down

Head of CSIS says he won't resign in the wake of controversy surrounding comments during TV interview Still won't give details about his claim that foreign governments are interfering with Canadian politicians

An unapologetic CSIS spy chief reiterated his assertion that there is foreign interference in provincial politics and there is nothing wrong with Canadians knowing about it, Dick Fadden said during an extraordinary appearance before a Commons committee yesterday.

Fadden told a rare July sitting of the public safety and national intelligence committee that foreign influence over a number of provincial politicians and public servants is a "concern and a threat."

The director of the Canadian Security Intelligence Service raised that concern during a CBC interview last month and did not deny China was among the countries interfering in Canadian politics.

Fadden's original interview — broadcast on the eve of a visit by Chinese President Hu Jintao — enraged many who said they

cast aspersions on all elected officials with ties abroad. A spokesman for the prime minister said at the time of the interview that the CSIS director was speaking on his own without pre-clearance from the government.

"I stand by my general message on foreign interference," the spokesman told the committee.

"It is a concern and a threat, it is more common here and elsewhere than many think, and it is desir-

"We are dealing here with a spectrum of behaviour by foreign entities that often start out innocently but later veer toward something that actually harms Canadian interests."

RICHARD FADDEN

able that this threat should be known and discussed."

But Fadden said the concerns he raised do not "constitute threats to the security of Canada" — no lives are at stake and no national secrets are believed to have been compromised — so he did not apprise Public Safety Minister Vic Toews nor the Privy Council Office.

The issue has been simmering for some time, he added, and Toews "is generally aware of foreign interference in Canada," as is the PCO.

Fadden told CBC television in June he was in the process of warning at least two provinces, through the PCO, that members of their cabinets have come under foreign influence.

He also said CSIS had suspicions about a number of municipal politicians in British Columbia.

THE CANADIAN PRESS

NDP MP goes after Fadden

Fadden faced scathing criticism from New Democrat MP Don Davies, the committee's co-chair.

"Sir, I would put to

you that you have created great consternation and anxiety, unwarranted suspicion and an unfounded stain on every municipal elected official in British Columbia — indeed, every provincial cabinet minister in the country," said Davies.

THE CANADIAN PRESS

The police are watching, even after he's dead

► Agostino Cuntrera's family targeted by attacks since last year ► No arrests yet in Cuntrera's shooting death

Police kept close watch over the funeral yesterday of a reputed Mafia leader who was killed as part of a dramatic power shift in Canada's underworld hierarchy.

A church in east-end Montreal was packed as several hundred mourners bid their final farewells to Agostino Cuntrera.

Standing outside were a few dozen uniformed officers and police in plainclothes who scribbled notes and snapped photos of people as they exited the church.

Cuntrera, 66, was gunned down last week in front of his food-distribution business in a murder that had experts declaring the demise of the once-dominant Rizzuto crime family.

Cuntrera was reputed to have taken the leadership reins in Canada's most powerful crime family af-



► The funeral procession for reputed mobster Agostino Cuntrera, yesterday in Montreal.

ter the arrest of Vito Rizzuto, now serving 10 years in a Colorado prison.

Last year, a close Rizzuto family friend, Federico del Peschio, was shot to death behind a restaurant.

Cuntrera's killing, along with that of his bodyguard, has crime experts speculating that the Sicilian clan is being systematically eliminated by rivals.

Among the theories being floated by experts is a

return to prominence of the Calabrese Mafia, whom the Rizzutos supplanted in a bloody turf war three decades ago.

Cuntrera was a central player in that 1970s war.

He was sentenced to five years in prison for conspiracy in the slaying of then-mob boss Paolo Violi, a killing that helped turned the tide in the Rizzutos' favour.

THE CANADIAN PRESS

Poland picks new president

Poland chose a rival of the late president over his twin brother in a vote seen as a move away from three months of shock, grief and mourning that followed the death of Lech Kaczynski in a plane crash.

Bronislaw Komorowski was declared the winner yesterday, meaning his governing pro-business Civic Platform party now has a year of control of both government and the presidency before the next parliamentary elections.

It represents a chance for them to fulfil promises to dismantle some remnants of the old communist-era welfare state.

THE ASSOCIATED PRESS

Transition

Poland is still struggling with legacies of its decades of communist rule, including dilapidated infrastructure and large numbers of unemployed people.

India. Protest



► Communist Party of India supporters are dragged away by police in New Delhi yesterday.

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

Protesters, police clash

Transportation ground to a halt and businesses were closed yesterday in many parts of India following a one-day strike by the main opposition parties to protest a government-imposed hike in fuel prices.

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Jordan...13.9¢	Italy...2.9¢		
Kenya...9.9¢	Russia...2.9¢		
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AUTOMOBILES

Toyota sales still stalled

Toyota Canada Inc. suffered an almost 14 per cent decline in year-over-year monthly sales in June, a big disappointment considering the soaring sales of some of its major competitors.

Toyota reported overall June sales of 16,036 Toyota and Lexus cars, trucks and SUVs, down 13.8 per cent from June 2009.

The breakdown by brand included 14,607 Toyota models, down 15.1 per cent, and 1,429 Lexus luxury vehicles, up 1.9 per cent.

Sales of 819 Lexus luxury SUVs were up 3.7 per cent for best-ever June sales, the company said in a news release. Combined sales for the seven Toyota and Lexus hybrid models reached 1,022 — up 3.9 per cent from

June 2009.

Toyota's results contrasted sharply with those posed by Ford and a number of other automakers, which posted their June sales figures on Friday.

Ford Canada reported 31,707 sales for the month, a 16 per cent increase over last June and its best monthly result since May 2000. Ford says it finished the first half of 2010 with sales up 23 per cent over 2009.

General Motors Canada has yet to post its June figures, but Ford claims it remained the sales leader in Canada. In May, Ford's Canadian sales were up 19.4 per cent at 26,110 vehicles, ahead of General Motors, which came in second in Canada with sales of 25,995 vehicles.

Meanwhile, Chrysler Canada reported that its June sales soared 101 per cent to 9,211 vehicles, marking its seventh consecutive month of more than 20 per cent growth.

THE CANADIAN PRESS

Canadians ready to buy new homes

► But many people are not putting enough down, study shows ► It may be worth saving up longer before you buy your dream house, expert says

A majority of Canadians who just bought or are about to buy their first home expect to pay less than the asking price and prefer newer and detached homes over older and semi-detached homes or condos, according to a TD Bank survey.

But the report questioned whether the homebuyers had unreasonable expectations, considering that nine out of 10 took

out or expect to take out a mortgage for their home.

"It's only natural to want your first home to be the home of your dreams, but it is important to be realistic about what you can afford," said Farhaneh Haque, a mortgage specialist at TD Canada Trust.

Six in 10 first-time homebuyers said they were worried about being able to afford their home should interest rates rise

— a scenario that economists say is inevitable after an era of historically low rates sparked a rush into the housing market.

Only 30 per cent said they plan to or already have more than a 20 per cent down payment, and the remaining 70 per cent will require mortgage insurance. Eight of 10 buyers reported putting down as much as they can afford.

But Haque advised that

prospective first-time homeowners consider a larger down payment because paying 10 per cent or more will make a big difference, bringing down the time it will take to pay off a mortgage and possibly affecting regular payment amounts.

"It may mean that you need to save longer before buying your first home, but it will pay off in the end."

THE CANADIAN PRESS

Royal tour. RIM



► Queen Elizabeth is shown a new BlackBerry by electronics assembler Elvira Dulic.

FRANK GUNN/THE CANADIAN PRESS

Her Majesty receives a royal BlackBerry

A picture of Canadian schoolchildren offering up a virtual bouquet greeted the Queen yesterday on her new top-of-the-line BlackBerry. She was presented with the device when she toured Research in Motion in Waterloo, Ont. It's rumoured the 84-year-old Queen is no stranger to such gadgets, but Palace officials wouldn't confirm whether a royal BlackBerry already exists.

\$2B for solar plants

The U.S. government is handing out nearly \$2 billion for new solar plants that President Barack Obama says will create thousands of jobs and increase the use of renewable energy sources.

Obama announced the initiative in his weekly radio and online address Saturday, saying the money is part of his plan to bring new industries to the U.S.

The two companies that will receive the money are Abengoa Solar, which will build one of the world's largest solar plants in Arizona; and Abundant Solar Manufacturing, which is building plants in Colorado and Indiana.

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Nickel prices likely to remain stable

A tentative contract agreement between nickel miner Vale and its striking workers in Sudbury, Ont., is expected to have only a minor impact on the price of nickel.

Analysts had predicted that the resolution of the year-long strike could send the metal into a tailspin.

But now that an agree-

ment is near, they say other factors will offset any major drop in the price of nickel that would result from the ramp-up of Vale's Sudbury operations.

The price of nickel fell 1.8 per cent to \$8.52 US a pound Monday on the London Metal Exchange.

THE CANADIAN PRESS

Market moment

TSX

↓
- 103.56
(11,092.50)

Dollar

↓
- 0.23¢
(93.90¢ US)

Oil

↔
N.Y. market
closed

Natural gas
1,000 cu ft
\$4.729
(+ 4.2¢)
Gold contracts
N.Y. market
closed

EXES AND OH-NOS IN THE DIGITAL AGE

She says ...

JESSICA NAPIER



Back in the old days (I'm talking pre-Facebook here), I assume it was easier to break up with someone.

Just a quick conversation — thanks, this has been great, it's not you, it's me, etc. — and that would be it. No hassle, no strings and, other than an occasional run-in, you might never have to see or think about that person again.

If only it were that simple. Now, every broken relationship leaves a not-so-easy-to-erase digital trail. While you might have said your goodbyes in person you're still left with a series of invisible techno-connections.

The trouble is, there's no protocol for dealing with a breakup in the online world. Do I delete them from MSN and un-follow them on Twitter, but remain Facebook friends? How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first.

At one point, my ex and my current boyfriend

"How are we supposed to know the proper etiquette for severing these digital ties that bind? One thing is for sure; you never want to be the one who gets deleted first."

happened to fall alphabetically next to each other on my BlackBerry contact list. Attempted multi-tasking and unco-ordinated fingers meant I occasionally sent private proclamations of love to the wrong person.

Yikes.

Anyways, while these absent-minded accidents made for hilarious dinner anecdotes the next day they were always very awkward to recover from at the time. These slip-ups (and an unfortunate incident involving my BlackBerry and the sidewalk) eventually led me to purchase a new phone and delete that particular ex from my mobile world for good.

So, what took me so long? Hitting the delete button on the digital relationship is a lot harder than it seems. Secretly, I think we (or is it just me?) need these digital ties to keep tabs on all of those past romances gone wrong. Online connections satisfy our post breakup curiosities about how the other person is doing and (OK, let's be honest) who they're dating.

It's not so much a problem with letting go — I just want to be able to check up on them every now again.

Cartoon

ALBERTA'S ED STELMACH TAKES OUT AD IN WASHINGTON:



Noteworthy

Interpol turns to social networking

International police agency Interpol launched an unusual appeal yesterday to the global public to report sightings of 26 leading fugitives — whether on the street or on Facebook.

Interpol has been

leading an international operation since May aimed at tracking down 450 particularly dangerous fugitives, and has arrested 39 people as a result, including former Colombian model Angie Sanclemente Valencia, wanted by Argentina for drug trafficking.

THE ASSOCIATED PRESS

Rebels without a cause

Letters & Tweets

EDMONTON. Peter McCartney (Is this what democracy looks like?, June 28) is absolutely right in questioning whether the violent G20 events in Toronto were truly the face of democracy.

Everyone has freedom of expression, but that freedom does not imply the freedom to cause harm. Furthermore, violence detracts attention from legitimate demands of peaceful protesters and, in the end, the public will only see a bunch of rowdy rebels without a cause.

STRATYOS KEE

We asked: Should Canada cut ties with the monarchy

The wrong message



TORONTO. Some might argue the monarchy has no relevance to Canada today and her successor would be an embarrassment to the country. The monarchy is an institution, not an individual. Canadians have had their share of embarrassing politicians, and we've all survived — so will the institution of a

constitutional monarchy.

For those who would like to cut ties with the monarchy, maybe this question should be asked: "Should Canada form a political and economic union with the United States and Mexico and have an integrated North American currency called the 'Amero.'"

PHILIP CHEONG

Should MPs be allowed to moonlight?

Email
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Metro has the right to edit letters and submissions.

Metro Minute at the conservatory

Owned and operated by the City of Edmonton, the Muttart Conservatory is the city's premier horticultural attraction.

Set in Edmonton's lush river valley, the four pyramids (Tropical, Temperate, Arid and Feature) offer endless opportunities for discovery.

The Sculptors' Association of Alberta kicked off

its annual summer show at the conservatory on Canada Day. Sculptures are strategically placed amongst the pyramids' vegetation to add to the experience for Muttart visitors. The show runs until Aug. 29.

Visit www.muttartconservatory.ca for more information.

ANDREAS MORSE



► The Muttart Conservatory.

metro

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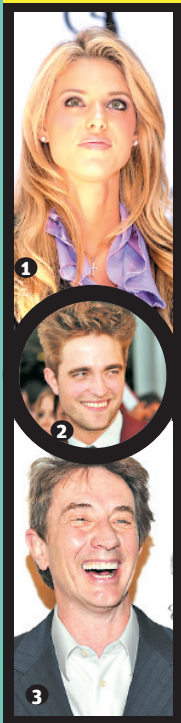
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2
sceneWinners of world's
largest video contest

► From submissions in three categories (My Friends, My City, My Fun) from Metro readers in 15 countries, our winners emerge ► Judged by a star-studded jury, including acclaimed Lady Gaga music video director Jonas Akerlund and our very own Hollywood correspondent Ned Ehrbar ► Their prize: a trip for two to any of 100 cities where Metro is published



News in brief



1 Former Miss California Carrie Prejean is now Mrs. Kyle Boller, after marrying the Oakland Raiders quarterback at a San Diego resort.
THE ASSOCIATED PRESS

2 The Twilight Saga: Eclipse has lifted its box-office total to \$175.3 million after just six days.
THE ASSOCIATED PRESS

3 Canada's Martin Short will be adding his voice to an animated version of Cat in the Hat.
THE CANADIAN PRESS

My City



SILAS ADDINGTON & ANDERS DEVANTIER, DENMARK

"MY JUNGLE"

What inspired you to make this movie?

My friend Anders came up with the jungle idea that actually just is a twist of the story The Jungle Book from Disney. Something we first found out after we made the film. Anders is playing the "mysterious skater" in the movie and it is my voice speaking.

What was your favourite location to film?

When we got access to the SAS-hotel in the middle of Copenhagen, and came up on the very top of the building just in time to film the fantastic sunset, that we actually use both



in the start of the film and in the end.

Who is your filmmaking idol?

Well, we are both big big fans of Quentin Tarantino.

What's your favourite film?

Such a difficult question but the film Life is Beautiful by Roberto Benigni is a favourite and of course, the first Ace Ventura movie!

SILASADDINGTON.MVCHALLENGE.COM/
DK/VIDEO/1204

My Fun



ANDRÁS MAKOVINYI, HUNGARY

"BMX STREET"

What inspired you to make this movie?

Mark Veres, the BMX rider, protagonist in the movie. This movie is in fact the trailer for a longer film about Mark and the BMX. He is unbelievably talented.

What was your favourite location to film?

Perhaps the last shot, the wallride that we recorded in 100p. That trick is really daring, that day we had five punctures, three falls and the pedal broke as well.

What's your favourite film?

The Godfather Trilogy. Classic. No matter how many times I watch it, I can always learn



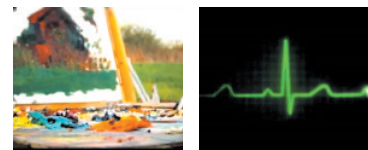
something new from it. But I love everything with Pacino or DeNiro.

Where do you want to go on your winning trip?

"New York City. That's in New York, son. New York State": Frank Slade - Scent of a Woman, to stick with movies. But I am not sure yet, it's so sudden!

WMGOTTI.MVCHALLENGE.COM/
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My Friends



STANISLAV ILYIN, RUSSIA

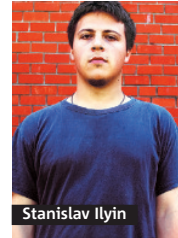
"ME & MY FRIENDS"

What inspired you to make this movie?

(My friends and I) have already done TV-style funny videos before. However, it didn't bring us true popularity — only among our friends at social networks. Whenever I found the Video Challenge ad in Metro newspaper, I figured out that we could do something really cool. We got the right idea the same evening.

What was your favourite location to film?

The most difficult scene in this video was the hospital scene, though it was the toughest one, too. It was a



challenge to find an unused pantry and equip it as a hospital ward. But the result was really worth it!

Who is your filmmaking idol?

I get inspiration from directors like Michael Mann and Tony & Ridley Scott. Michael Mann picks out truly impressive soundtracks for his movies.

SERIOUSSERVER.MVCHALLENGE.COM/
RU/VIDEO/721

SUMMER SHOWS SIZZLE

The Audio Files

**BRYAN
BORZYKOWSKI**
SCENE@METRONEWS.CA



It's a "good news, bad news" story for music fans this summer — like it is every July to September.

Record releases come to a near standstill, but some of the best concerts happen in the warmest months.

So, instead of making trips to the record stores, here are a few summer concerts you should check out.

Vancouver Island MusicFest, Comox Valley Exhibition Grounds, Vancouver Island July 9-11: West Coasters should consider going to the eclectic Vancouver Island

MusicFest, where acts from a variety of genres — folk, blues, soul and more — come together. Make sure to check out Winnipeg folk group Nathan, soul legend Robert Flack and Nunavut's experimental songstress Tanya Tagaq.

Osheaga, Parc Jean-Drapeau, Montreal, July 31 and Aug. 1: If you're going to make one trip this summer, come to Montreal for this massive festival. Weezer, Metric, Arcade Fire, K'Naan and indie pioneers Pavement are all playing. It's rare to see this much talent in one place.

Edmonton Folk Festival, Gallagher Park, Edmonton, Aug. 5-8: Many cities across the

country host folk festivals, but Edmonton has one of the best.

Big acts like Ben Harper, Jakob Dylan and Van Morrison will be playing along side indie artists such as Patrick Watson, Sarah Harmer and Amanda Martinez.

Lollapalooza, Grant Park, Chicago, Aug. 6-8: A lot of Canucks skip town during the summer, so even though it's not Canadian I have to add Lollapalooza to the list.

It's always one of the best outdoor fests, but 2010 has an especially good lineup and not only because Soundgarden is reuniting.

Arcade Fire, Olympic Island, Toronto, Aug. 14: Six years after releasing their debut disc, Montreal's Arcade Fire is still a huge draw.

They may be better suited for theatres and clubs, but, with their frenetic live show, they're one of the only bands I've ever enjoyed at a large outdoor concert.

A must see.

DVD Releases this week

Dragon tat better in ink

The Girl With the Dragon Tattoo

Genre: Action **Director:** Niels Arden Oplev

Stars: ★★★

The room is locked and the pot is boiling in this first screen adaptation from the best-selling Millennium Trilogy, cyberpunk novels by Stieg Larsson that were published posthumously after the Stockholm journalist/author's death in 2004.

It's the ongoing saga of Lisbeth Salander (Noomi Rapace), the pierced and punk computer hacker who allies with disgraced journalist Mikael Blomkvist (Michael Nyqvist) for adventures of intrigue, danger and even a little romance.

The film eschews the usual getting-to-know-you formalities as it sets up a "locked room" scenario that could be straight from an Agatha Christie or Ellery Queen novel. The "room" is actually a remote Swedish island, the feudal preserve of the



squabbling family of Henrik Vanger, an elderly industrialist. Now a dark and forbidding place, especially in the story's wintry depths, the island used to ring with the sound of happy children.

One of them was 16-year-old Harriet, beloved niece of Vanger, who disappeared in the summer of 1966 after a road tragedy removed the island from mainland contact — and watchful eyes — for most

of a day.

Presumed dead, Harriet has long been consigned to the police "cold cases" file. Vanger browbeats ace investigative journalist Blomkvist into reopening the case, which also draws in Salander. She's one messed-up gal, but she's also a genius researcher and hacker, helpful for a hunt that involves a lot of snooping through old files and photographs.

● PETER HOWELL

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Lohan not worried about jail decision

► Love is in the air for LiLo, sources say

Depending on how things go today, Lindsay Lohan might be spending tonight in jail. Judge Marsha Revel — who was not terribly amused when Lindsay missed a court appearance for the Cannes Film Festival — will decide if she should be locked up for violating her probation.

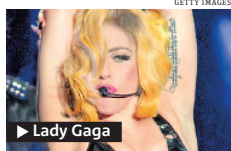
But Lindsay doesn't seem to be worried, according to TMZ.com: "[Her lawyer] will just fix this like everything else. It's no big deal to her, even though she totally believes Judge Revel hates her guts," a source tells the site.

On a different note, Lohan seems to have found new woman in her life, sources tell TMZ. Things have reportedly been heating up between Lohan and Israeli brunette Eilat Anshel.

METRO WORLD NEWS



► Lindsay Lohan is hoping her lawyer will keep her from going to prison, TMZ.com reports.



► Lady Gaga

He wanted her to stay home, she wanted to sing Poker Face

Lady Gaga admits that the success she's achieved has

meant giving up on having a love life.

"My greatest sacrifice is love," she tells Live magazine. "I've only ever been in love once, and I had to walk away because I had to put my career first."

"He wanted me to stay

at home and be with him; I wanted to be out there trying to make it on stage. It was a huge lesson for me, but it's also a source of sadness."

METRO WORLD NEWS



happy," a source says.
METRO WORLD NEWS

Celebrity tweets



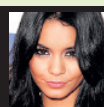
Paris Hilton
[@Paris-Hilton]

it was absolutely ridiculous what I was put through for nothing. But I'm used to being scape goat



Kevin Jonas
[@kevin-jones]

I just watched a guy eat 54 hot dogs I'm full after two how does that even happen. I am truly impressed



Vanessa Hudgens
[@nessaaa-hudgens]

Selecting from a shelf, renting and walking home with a movie in hand is such a fulfilling experience



Conan O'Brien
[@Conan-O'Brien]

Twilight Eclipse has been smashing box office records since it opened. For the record, I was sickly pale before it was cool.

METRO WORLD NEWS

Lautner OK with dating fan

YOU CAN HAVE HIM TOO Taylor Lautner says the idea of dating on his many Twilight fans wouldn't be out of the question. "Would I date a fan? Well I don't exclude anyone, so sure, why not?" Lautner says, according to Hollyscoop. "I don't have a type physically, but loyalty and honesty are important."

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With football (a.k.a. soccer) fever at its highest with the World Cup semi-finals going today and tomorrow, Metro speaks to some of the world's top players' other (better?) halves about health, beauty and beating pre-match nerves.

ROMINA MCGUINNESS METRO WORLD NEWS



The Wonderful WAGs

FOOTBALLERSWIVES.TV



Actors from the popular UK TV series *Footballers' Wives*, that centres around soccer players and their wives.

3

life


GETTY IMAGES

SYLVIE VAN DER VAART

Wife of Rafael Van der Vaart (Holland)

On health ... I was diagnosed with breast cancer when my son was three years old, an experience that drastically changed my views on life. I now live my life more fully and deeply and I'm appreciative of every single little thing.



On health, food and exercise ... My husband's conscientious approach to exercise encourages me to do the same. I'm very lucky to be fit and energetic once again. On my lazy days, I like to read and listen to music on my iPod. I have a very healthy diet, although I like to eat what I want. Besides that I work hard to stay in shape. I don't smoke, but I do enjoy the odd glass of wine.

On beauty ... A little bit of concealer and lip-gloss always does the trick. I always wash my face before going to bed and from there I only need around seven hours of sleep. I'm happy with the person that I am and thankful I don't need any interventions such as Botox or plastic surgery. I don't like judging people and I believe everyone should make their own decisions so long as they remain respectful and it makes them happy.



CCMG

MENAYE DONKOR

Girlfriend of Sulley Muntari (Ghana)

On her lifestyle ... Sulley and I make conscious decisions with what we put in our bodies. I can't resist a good bottle of red wine and living in Italy doesn't make it any easier.

On health, food and exercise ... I consider myself a healthy person. I eat a well-balanced



diet and get most of my vitamins from fresh fruit and vegetables. I exercise regularly, Sulley and I don't work out together but we are both very active. I'm a cardio-holic, before an important shoot I have sessions with my personal trainer who knows exactly how to whip me into shape. Drinking and smoking are choices people make. Everything needs to be done in moderation.

On beauty ... I have very sensitive skin, so I choose my moisturiser carefully. I always carry great concealer, eyeliner and mascara. No woman is 100 per cent happy with her body, but I try to embrace my flaws and focus on my good features. In terms of Botox and plastic surgery my motto is, 'If you don't like it fix it'. It's important to still have inner confidence otherwise you will be fixed on the outside but broken on the inside.



JEFFREY CLARK GROSSMAN

IRINA SHAYK

Linked to Cristiano Ronaldo (Portugal)

On her lifestyle ... I'm very healthy and refrain myself from smoking and drinking. I like a glass of red wine every now and then but I was raised in a family where no one drinks or smokes. I love taking in the sunshine and hanging out with my friends in New York — we make sure we



wear plenty of sunscreen. **On health, food and exercise ...** I workout five times a week. I love Pilates but I also go boxing or jogging. I drink two litres of water every day to keep hydrated and green tea but never coffee. My guilty pleasure is ice cream. I just love it. **On beauty ...** I never wear foundation and hardly wear any make up. My face is pretty much always clean. Once a month I'll have a facial

or go in a steam room to rid my skin of toxins. I work hard on my body ... It's never perfect but I think all women feel that way. We are our worst critics so I push myself everyday to go to the gym and eat right. I try and get eight hours of sleep every night. In terms of my views on plastic surgery and Botox — well it all depends on the reason for it. If a person is the victim of an accident and surgery can make them feel better, I'm all for it.

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- ◆ Add veggies to keep burgers flavourful, moist, and to give it an extra health boost
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Lean ground turkey can make a great burger. But as with any meat, less fat means less flavour, so you'll want a strategy for compensating these losses. Think meat loaf.

Serve these burgers with a side of sweet potato fries and a few crunchy pickle spears.

Preparation:

1 In a medium saucepan over medium, heat oil. Add onion and saute until softened and slightly golden, 7 to 10 minutes. Add stout and increase heat to high. Boil mixture until reduced by two-thirds and making syrupy bubbles, about 20 minutes. Transfer mixture to a medium bowl to cool for approximately 20 minutes.

2 Heat a gas grill to medium-high or prepare a charcoal fire.

Ingredients:

- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) chopped vidalia onion
- 250 ml (1 cup) Guinness or other stout
- 30 ml (2 tbsp) Dijon mustard
- 10 ml (2 tsp) chopped fresh thyme or 2 ml (1/2 tsp) dried
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 500 g (1 lb) lean ground turkey
- 250 ml (1 cup) panko (Japanese-style) breadcrumbs
- 75 ml (1/3 cup) shredded sharp cheddar cheese (optional)
- 4 whole wheat hamburger buns or other small wheat bread

3 Add mustard, thyme, salt and pepper to onion mixture. Add ground turkey and breadcrumbs. Gently but thoroughly



► Use a whole wheat bun to compliment the stout in your turkey burgers

combine. Shape into 4 patties, about 2 cm (3/4 inch) thick.

4 To oil grill grates, wet a folded paper towel with oil, hold it with tongs and rub it over grates.

5 Grill burgers until well browned on the underside, 4 to 5 minutes. With a spatula, turn burgers carefully. Grill 4 to 6 minutes more, or until burger registers 74 C (165 F) at the centre.

Top with cheese, if using, during last minute of grilling. Meanwhile, toast buns at the edge of the grill. Serve burgers on toasted buns.

THE ASSOCIATED PRESS

Liquid assets

Market value

I'm a sucker for a sexy label. In fact when faced with a wall of wine at a strange liquor store (and I've been in lots of them) I like to pretend I don't know one grape from another and simply let my eyes be my guide.

One thing I've learned playing this game is that all too often cool names and pretty pictures are wrapped around bottles filled with plain old average juice. That said, there are some winemakers that are able to balance their look with their liquid personality in a way that jumps off the shelf. A great example is the 2009 Sea-Glass Sauvignon Blanc (\$14.05 - \$15.25) from California's Trinchero Family Estates (right).



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Got butterbeer?

Harry Potter fans are all abuzz about butterbeer, and they have the foamy moustaches to prove it.

The cold and creamy frothy drink is the most popular food item at the new Wizarding World of Harry Potter at Universal Orlando, according to Universal spokesman Tom Schroder, with visitors lining up to try it.

"Then they would walk around and have this moustache on," said Sabrina Sampson, 11, of Richmond, Va., who described the drink as tasting "like cream soda. It was somewhat thick, and it was really sweet, and then it got salty as you swallowed it, like butterscotch."

Schroder said that about half the visitors to The Wizarding World sample butterbeer.

"There may be no bigger product launch smash this year than butterbeer," WalletPop.com said.

Immediately after The Wizarding World's June 18



► A butterbeer moustache is the new milk moustache

opening, butterbeer became one of the most searched-for terms on the Internet.

The special version sold at The Wizarding World was tasted and approved by Ms. Harry Potter - J.K.

Rowling herself.

"Everyone knows butterbeer was approved by J.K. Rowling, so people want to taste it and see if their tastebuds match up," said Travers.

THE ASSOCIATED PRESS

LAWS OF ATTRACTION AND COUPLING UP

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM



Do you guys believe in becoming "one" as a couple or keeping independence?

Kate says...

Both, it just depends on which way you're facing. When you are facing outwards, presenting yourselves to the world, you must be a team. For example, when faced with curious in-laws, he must support you in your plan to avoid feeding your baby wheat, eggs, nuts, shellfish and tahini, and be outraged when his mother tries feeding her Kraft Dinner, even if he thinks you are

a little bit crazy when it comes to infant nutrition.

In turn, you must act like his recent purchase of a \$4,000 plasma TV is perfectly normal, even when your financial adviser wonders whether an RESP for the baby would have been a wiser choice. When you are facing inwards toward each other, you must fight hard to maintain your independence. Stand up for what you believe! There is no worse turnoff than the words "Yes, dear." They mean you just don't care enough.

Bret says...

Okay. So, if saying "Yes, dear" is a turnoff, it follows that saying, "No, dear" is hotter than magma. From now on, I am totally giving up on being nice. Disagreeable but frequently laid! Woo!

Do opposites really attract?

Bret says...

That really depends on what you mean by "opposites." If you mean you're in love with an uptown girl, and now she's looking for a downtown man, and that's what you am, then by all means go for it. It is a classic combination: uptown girl + downtown man.

Remember Julie Andrews — hot, hot, hot as the refined, elegant, practically perfect Mary Poppins.

Remember how radiant she looked on the arm of grubby Bert the chimney sweep? Kick your knees up, step in time! "It's a jolly 'oliday with Mary. It's a jolly holiday with you, Bert." Aw.

They were excellent together. They taught us a lesson about love and how it totally conquers all. We owe them a debt of gratitude.

Kate says...

I'm pretty sure Bret's view of Mary Poppins as "hot" is his alone. Couples like to think of themselves as opposites. Many announce that as a way to say, "Sure we're joined at the hip, but we still have our own brains."

These conversations are held for the benefit of others who find the couple's new togetherness revolting. Mostly, they're about whether one partner likes Desperate Housewives. The notion of "opposites" is exaggerated ever so slightly, as the holders of these conversations often wear matching Eddie Bauer khakis, finish each other's sentences and go on to rave about Spanglish, which, mysteriously, they both loved.

This is harmless, if irritating for the listener.

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Beware of Buy and Sell

► Depending on your situation, it may not be the best investment approach ► If you're young, you don't necessarily need to take risks — just have patience

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Investment rules, and common knowledge can be completely wrong when inappropriately applied to your individual situation. Here, two common ones:

1 Buy and Hold is the best approach for most investors.

B & H is one of the most basic axioms of the investment industry. On one hand, it does steer you away from what you don't want to do — jump in and out of investments with every stock market hiccup.

However, it does encourage hanging onto a raft of dogs, which the mu-

By the numbers

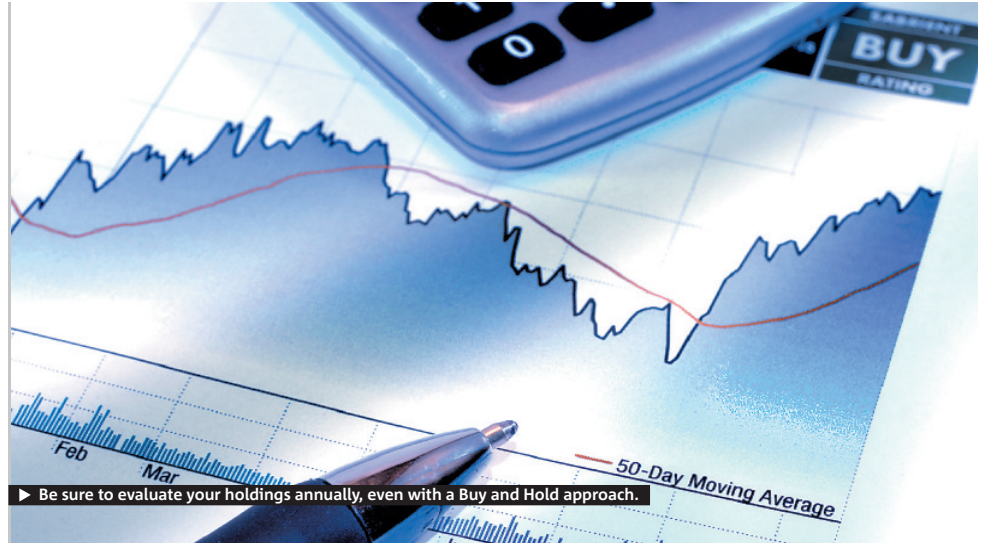
How to make \$526,000.

- Over time, low risk bonds easily return 6 % annually on average.
- A 20-year-old who invests \$100 until age 30 and increases it by \$100 with each new decade will have over half a million big ones by age 65.

tual fund industry loves because you're paying management fees. Also, the B & H mantra keeps most investors from questioning their purchases.

The problem is if a stock or mutual fund is a dog, it will keep barking no matter how long you hold it.

Here's a better rule. Buy, Hold and Monitor. Evaluate your holdings an-



► Be sure to evaluate your holdings annually, even with a Buy and Hold approach.

nually. If you notice long-term yipping and howling, show that pooch the door.

2 If you're young, you can afford to take risks.

This is a commonly heard refrain and it's usually the precursor to a mutual fund salesperson loading up a young adult with higher risk (and higher fee) in-

"If you start saving early, you can be conservative and still reach your goals, thanks to the miracle of compounding, where every dollar you earn on your investments goes back into the pot to help your money grow."

vestments. But if you start saving early, you can be conservative

and still reach your goals thanks to the miracle of compounding where every

dollar you earn on your investments goes back into the pot to help your money grow. Here's a better rule: If you're young, you don't need to take risks.

Alison Griffiths' show *Mixed Out* appears Wednesday at 10:30 p.m. You can find out more at: alisongriffiths.ca

KEEP TRACK OF YOUR HARD-EARNED DOUGH

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



If you're a busy person, or if you're using more than one financial product, keeping track of your money can be challenging. But, it's important to keep track of your hard-earned dough so you can identify where your money is going, if you're achieving your net-worth goals, and if something falls off the rails, you can take immediate action to rectify the situation.

Experts recommend spending no more than 10 minutes a week monitoring your personal finances. If you're an active trader, however, you'll spend more time at it. One of the best ways to track your monetary progress is through a net worth spreadsheet. For all those non-technical, non-finance folks out there, there's no need to get freaked out. Start by marking the date at the top of your spreadsheet.

Then, identify all your assets — things you own. Write down the name of the institution where your ac-

"Ultimately, you'll want to grow your net worth through a combination of asset growth and debt reduction ... by tracking where you are now and setting realistic net worth goals for the future."

counts are held, followed by the type of account, then how much money is in the account.

To get a handle on how many accounts you have (since many Canadians have more than one bank account, investment account, loan, credit card, and ATM card) look at all the statements that come in the mail or, better yet, view your account online and save a tree.

Once you've listed your assets, total them up. So, for example you might have a Scotia Bank RRSP with \$5,000 and an ING Savings account with \$2,000 for a total of \$7,000 in assets.

Do the same with your liabilities — things you owe money on. Identify where your account is held, the type of liability it is and how much you owe.

So, for example, you might have an RBC car loan with \$10,000 owing and a Canada Student Loan with \$15,000 owing for a total of \$25,000 in liabilities.

Once you've listed assets and liabilities, subtract your liabilities from your assets and voila — that's your bottom line.

Ultimately, you'll want to grow your net worth through a combination of asset growth and debt reduction. One of the best ways to do this is by tracking where you are now and setting realistic net worth goals for the future.



Interest rates/ Savings accounts

BANK	RATE
BMO	1.100%
CIBC	0.70%
HSBC	0.80%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.85%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Credit card grace period

As of September 1, 2010, the grace period for new purchases made on credit cards will be at least 21 days. This means that during the grace period, you cannot be charged interest on your new purchases, even if you did not settle your account balance in full the previous month.

To find out more about federal credit card regulations, visit the Financial Consumer Agency of Canada's (FCAC) website at fcac.gc.ca.

NEWS CANADA

Just one win away from Cup finals

Netherlands coach Bert van Marwijk is not planning on changing his tactics for the World Cup semifinal against Uruguay despite criticism about the lack of Dutch flair that has dogged his team throughout the tournament.

"We are continuing down the road we have chosen," Van Marwijk said yesterday. "I will not let anyone distract me from that."

Uruguay coach Oscar

Tabarez, meanwhile, is drawing inspiration to beat the favoured Dutch from the 1950 "Miracle of Maracana," when his tiny country beat Brazil at Maracana stadium to earn its second World Cup title.

"The history of the World Cup is full of results that nobody could have expected, and they continue to happen," Tabarez said. "Why shouldn't we be able to win Tuesday?"

Uruguay, ranked No. 16

in the world, is a two-time World Cup winner, while the fourth-ranked Netherlands is still trying to shake off the tag of two-time loser after talent-packed Dutch teams lost to hosts Germany and Argentina in 1974 and 1978.

"We have to beat Uruguay," Wesley Sneijder told the official Dutch supporters website. "We're just thinking of one thing: We want to win the World Cup."

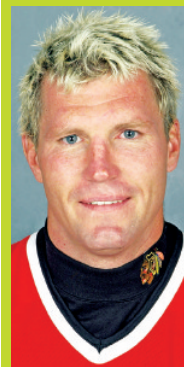
THE ASSOCIATED PRESS



► The Netherlands' Wesley Sneijder at training yesterday.

4
sports

Quoted



"Off the ice, he was a guy everybody got along great with. He always brought everybody together. He was one of the good guys."

WENDEL CLARK ON
BOB PROBERT

"My favourite memory of Bob would be sitting down before a game, going over the opposing lineup and picking and choosing who would go first and if the goalie would be safe or not. It was great to be able to go out on the ice knowing that he had my back and I had his."

FORMER TEAMMATE
JOE KOCHUR

Death: 'Bob lost the fight of his life'

► Former NHL tough guy Probert dead at age 45

The hockey world has lost its top heavyweight.

Bob Probert, who fought nearly as many personal demons as he did NHL tough guys during a 16-year career, died yesterday.

He was 45.

Probert was the most feared fighter of his generation, dropping the gloves more than 200 times while playing for the Detroit Red Wings and Chicago Blackhawks.

"I've seen them all and I haven't seen anybody tougher than him," TV commentator Don Cherry told The Canadian Press.

"He was the best."

Probert died after collapsing while enjoying an afternoon of boating with his family on Lake St. Clair near Windsor, Ont. His father-in-law Dan Parkinson, a police officer who was on the boat, attempted to revive Probert using CPR.

Stats

- Over 16 NHL seasons with the Red Wings and Blackhawks, Bob Probert recorded 384 points (163 goals, 221 assists) in 935 regular-season games.
- His career total of 3,300 penalty minutes is fifth on the NHL's all-time list.

"This is a tragedy for the family," said Parkinson. "We ask that you respect their privacy at this time. This was totally unexpected. Bob lost the fight of his life this afternoon."

During his days on the ice, Probert never shied away from a fight.

He was part of many memorable battles, often exchanging punches with an opponent until his elbow and shoulder pads had fallen to the ice.

THE CANADIAN PRESS



► In this 2002 photo, Bob Probert, left, of the Chicago Blackhawks exchanges blows with Peter Worrell of the Florida Panthers.

Doc goes the distance ... again

Roy Halladay pitched his major league-best seventh complete game this season, Greg Dobbs hit a two-run homer and the Philadelphia Phillies beat the Atlanta Braves 3-1 last night.

Halladay (10-7) allowed five hits and struck out seven to record his second straight complete game. The all-star right-hander outduelled Derek Lowe (9-7) and needed just 93 pitches to finish. Chipper Jones

12 The Phillies have scored a total of 12 runs in Halladay's seven losses. He could easily have 14 or 15 wins if Philadelphia's offense was better.

homered for the NL East-leading Braves.

The Phillies need to win this three-game series to avoid losing more ground in the East.

THE ASSOCIATED PRESS



Sports in brief

No World Cup for Canucks

SOCCER. Canadian soccer fans hoping to watch the World Cup on home turf are going to have to wait — for at least another two-and-a-half decades. Canadian Soccer Association general secretary Peter Montopoli says it's unlikely the men's World

Cup could reach Canada before 2034.

Nigerian president drops threat

SUSPENSION. Nigerian president Goodluck Jonathan dropped a threat yesterday to suspend the national soccer team because of its poor World Cup showing and corruption allegations.

METRO NEWS SERVICES

Scan code for sports news

Sports in brief



Lebron arrives at his academy

NBA. LeBron James took a break from his whirlwind courtship to get back on the basketball court.

The NBA's most wanted man made a surprise appearance yesterday at his Nike Skills Academy to work out as the sports world awaits his decision on where he'll play next season.

James was not expected to attend the camp featuring some of the top college and high school players in the U.S. until today. James is not expected to announce his pick until tomorrow.

Last week, James heard presentations from the Cavs, Nets, Knicks, Heat, Clippers and Bulls.

THE ASSOCIATED PRESS

Torres says he's not at best

SOCCER. Spain striker Fernando Torres says he still has not fully recovered

from knee surgery in April. Spain plays Germany tomorrow in the World Cup semifinals at Durban's Moses Mabhida Stadium. Torres says he is "not at his physical best" after struggling for form.

The Liverpool striker has failed to score in five games at the tournament so far and said yesterday he has had "difficult moments" in South Africa. Torres has started the last four games but doesn't think his place is guaranteed, and is willing to be a substitute tomorrow.

THE ASSOCIATED PRESS

Federer falls to third in world

TENNIS. Roger Federer fell to No. 3 in the ATP rankings yesterday, the first time since November 2003 he's been that low. The 16-time Grand Slam champion's quarter-final loss at Wimbledon, following seven consecutive appearances in the final, dropped him a spot.

He now trails No. 1 Rafael Nadal and new No. 2 Novak Djokovic. Federer was No. 1 earlier this season, but he was overtaken in the rankings by Nadal on June 7, after the French Open.

Nadal won his fifth title at Roland Garros, while Federer lost in the quarter-finals there, too. That left Federer one week shy of tying Pete Sampras' career record of 286 total weeks at No. 1.

Wimbledon women's champion Serena Williams remains at No. 1.

THE ASSOCIATED PRESS

Tiger's troubles continue

Tiger Woods looked just as out of form in a celebrity pro-am as he did on the PGA Tour.

The world's No. 1 golfer arrived yesterday in Ireland just hours after his 46th-place finish at the AT&T National in Pennsylvania and shot a 7-over 79 in the first round of the J.P. McManus Invitational Pro-Am.

The unranked event in County Limerick, featuring Hollywood celebrities and Irish billionaires, was his

first overseas event since revelations of his extramarital affairs surfaced last year.

While more than 40,000 Irish golf fans offered him a friendly and forgiving welcome, Woods' opening round at the 7,453-yard, par-72 Adare Manor Golf Resort was often dreadful. He bogeyed six holes, double-bogeyed the seventh and managed a lone birdie on the 17th.

THE ASSOCIATED PRESS



► Tiger Woods waits on the 2nd green at Adare Manor in Limerick, Ireland.

Stoudemire picks New York

- Knicks will soon sign first big-name free agent of historic 2010 class
- Stoudemire says he's persuading other top players to come to Big Apple

Amare Stoudemire is headed to the New York Knicks, and both sides are hoping he's not coming alone.

The Knicks said yesterday they intend to sign Stoudemire to a contract later this week when the free agent moratorium period ends. Stoudemire's agent, Happy Walters, said the deal is for the maximum allowed, which would be nearly \$100 million US over five years.

Wearing a blue Knicks hat, Stoudemire said he looked forward to rebuilding a franchise and bringing the Knicks back to the top — maybe with a player such as LeBron James or Dwyane Wade with him.

"I feel great about being a pioneer and showing my leadership," he said at Madison Square Garden.

The deal can't be signed until Thursday, after the salary cap for next season has been set.

It was a needed score in free agency for the Knicks, who spent two seasons



► Amare Stoudemire poses outside Madison Square Garden.

clearing enough cap space to afford two top players. They met with James, Wade and Chris Bosh last week and believe they could still land one of them.

THE ASSOCIATED PRESS

High hopes

- Recruiting Stoudemire has already started recruiting, saying he spoke to LeBron James' people and directly to Dwayne Wade last week.

- Reunion The move reunites Stoudemire with Mike D'Antoni, his former coach in Phoenix. Stoudemire averaged more than 20 points in every season they were together.

Chavanel wins 2nd Tour stage

Lance Armstrong and dozens of other Tour de France riders were caught up in a series of crashes yesterday during a rain-splattered second stage won by new race leader Sylvain Chavanel of France.

In one of the spills, Armstrong and defending Tour champion Alberto Contador of Spain tum-

bled to the asphalt on a slippery descent from the mid-grade Stockeu Pass toward the end of the 201-kilometre run from Brussels to Spa.

Both riders sustained scrapes but finished the stage and were OK, their teams said.

Many riders believed a mixture of motor oil and water on the roads was to

blame.

Chavanel collected his second career Tour stage victory after joining a small early breakaway group and then gradually distancing them.

The 31-year-old Quick Step rider finished yesterday's stage with a time of four hours 40 minutes 48 seconds.

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► Chavanel

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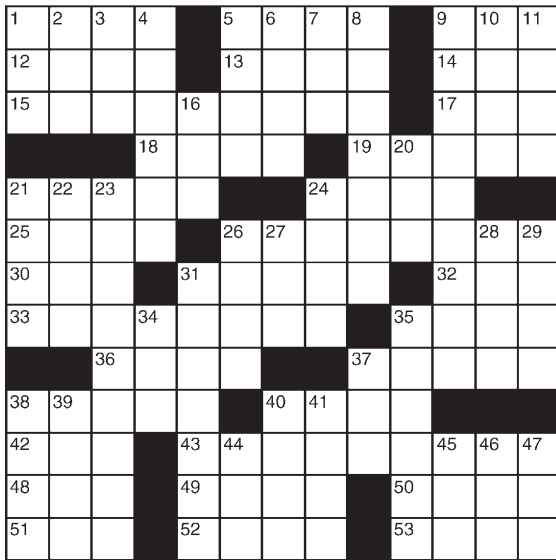
Crossword

Across

- 1 Men-only
5 Secular
9 Feline
12 Wrong
13 Enjoying greatly
14 Raw rock
15 Sidekick
17 Wire measure
18 Perches
19 Calyx leaf
21 Happen
24 Island dance
25 To — it may concern
26 Collective abilities needed for a task
30 — de plume
31 Michigan city
32 Hot tub
33 Replace
35 Pay attention
36 Now, on a memo
37 Gives over
38 Column style
40 Wan
42 Japanese sash
43 Buddies
48 Swindle
49 Notion
50 Land measure
51 Small barrel
52 Fender bender
53 Knitter's need

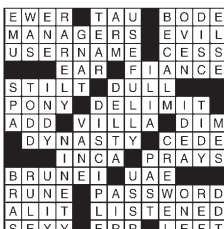
Down

- 1 Pouch
2 Pair
3 Sleeve contents
4 Drywall material
5 Fuzz on clothes
6 Blackbirds
7 Judge Lance
8 Seek advice from

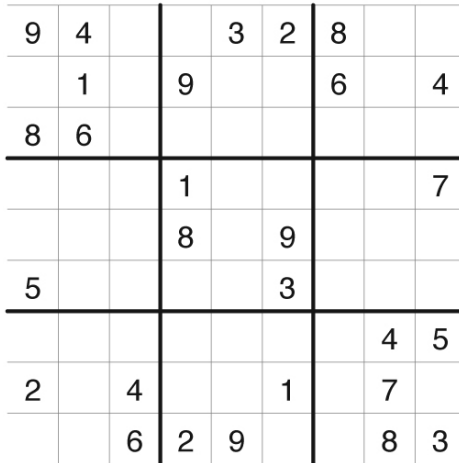


- 9 Encircled
10 Met melody
11 Spill the beans
16 Football filler
20 Right angle
21 Possesses
22 — En-lai
23 Showing similarities
24 Clue
26 Openhand hit
27 Family
28 Duel tool
29 Young ones
31 Limp
34 Omega precursor
35 Time of prosperity
37 Half a dance?
38 Lakeside structure
39 Reed instrument
40 "So be it"
41 Lovers' quarrel
44 Praise in verse
45 Nipper's co.
46 Mess up
47 100th of a yen

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

4	1	2	3	6	9	5	7	8
3	7	9	5	1	8	6	2	4
6	5	8	2	7	4	3	9	1
7	9	3	8	5	6	4	1	2
8	2	4	1	3	7	9	6	5
1	6	5	9	4	2	7	8	3
5	8	7	4	9	1	2	3	6
2	3	6	7	8	5	1	4	9
9	4	1	6	2	3	8	5	7

A look at the weather

TODAY	WEDNESDAY	THURSDAY
☀ Min 9° Max 22°	☀ Min 11° Max 24°	☀ Min 9° Max 27°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 There is no point getting angry with people who let you down. Cosmic activity in one of the more emotional areas of your chart means that loved ones will take what you say seriously.

♉ Taurus April 23-May 21 Others may say you are avoiding your problems, and maybe you are, but this is one of those days when avoiding your problems may turn out to be the best way of dealing with them.

♊ Gemini May 22-June 21 You will be either far too generous or far too selfish today — there seems to be no middle ground with you at the moment. If someone asks for a handout you would be wise to plead poverty.

♋ Cancer June 22-July 22 You may be eager to prove to the world that you have what it takes but if you do too much too soon there is a danger you will grind to a halt later when your energy and motivation begin to wane.

♌ Leo July 23-Aug. 23 Focus on one goal at a time and don't allow yourself to think about anything else until you have reached it.

♍ Virgo Aug. 24-Sept. 22 Friends and family are even more demanding than usual, which makes it even more necessary than usual to keep some special time for yourself. You don't have to be on duty every minute of every hour of every day.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Your No. 1 aim now is to make sure that the balance between your home life and your working life is stable and enjoyable. If there are things you want to do that you don't have time for then adjustments are clearly needed.

♏ Scorpio Oct. 24-Nov. 22 Pluto in the communications area of your chart seems to be bringing an annoying amount of criticism your way.

♐ Sagittarius Nov. 23-Dec. 21 Whatever else you do over the next 24 hours, don't panic. Others may be preaching doom and gloom and the end of the world but their sort have been around since the dawn of time — and we're still here. Worry for losers.

♑ Capricorn Dec. 22-Jan. 20 A friend or family member will offer to take some of your workload off your hands today, which is nice of them, but can you be sure they will do a good job?

♒ Aquarius Jan. 21-Feb. 18 Follow your instincts today, even if it puts you at odds with everyone else. You have never been the sort to worry about what the world thinks of you and there is no good reason why you should start now.

♓ Pisces Feb. 19-March 20 There is no point complaining that some individuals don't know how to behave. The more of a noise you make, the more likely it is they will annoy you.

● SALLY BROMPTON

Caption contest



LIAM GIBBS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



KEVIN HARE/THE ASSOCIATED PRESS

RICK SCUTERI/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS



MEXICO Puerto Vallarta/ Riviera Nayarit via Calgary

Crown Paradise Club:
A Family Resort • 4 ★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 21 • 1 wk.

\$449

+Taxes & other fees
(including service charges): \$268

Golden Crown Paradise • 4 1/2 ★
All-Inclusive
Oceanview rm.
Aug. 28 - Sept. 21 • 1 wk.

\$449

+Taxes & other fees
(including service charges): \$268

Cancun/Riviera Maya via Calgary

Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive
Deluxe rm.
Sept. 26 • 1 wk.

\$519

+Taxes & other fees
(including service charges): \$288

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★

All-Inclusive
Junior suite
Sept. 26 • 1 wk.

\$559

+Taxes & other fees
(including service charges): \$288

TURKS & CAICOS via Toronto

**The Sands
at Grace Bay • 4 ★**
Studio courtyard
Sept. 4 & 11 • 1 wk.

\$1079

+Taxes & other fees
(including service charges): \$265

CUBA Santa Clara via Calgary

Meliá Las Dunas • 4 ★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 25 • 1 wk.

\$449

+Taxes & other fees
(including service charges): \$226

Varadero via Calgary

Sirenis La Salina Varadero • 4 ★
All-Inclusive
Standard rm.
Aug. 29 - Sept. 26 • 1 wk.

\$449

+Taxes & other fees
(including service charges): \$226

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4 ★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.

\$659

+Taxes & other fees
(including service charges): \$325

Puerto Plata via Toronto

Iberostar Costa Dorada • 4 1/2 ★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.

\$829

+Taxes & other fees
(including service charges): \$325

JAMAICA via Toronto

**Sunset Jamaica Grande
Resort & Spa • 4 ★**
All-Inclusive
Standard rm.
Aug. 26 - Sept. 23 • 1 wk.

\$689

+Taxes & other fees
(including service charges): \$300
Please add \$50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive
Junior suite
Aug. 26 - Sept. 23 • 1 wk.

\$789

+Taxes & other fees
(including service charges): \$300
Please add \$50 for Sat. & Sun. departures

SAINT LUCIA via Toronto

**Coconut Bay Beach
Resort & Spa • 4 ★**
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.

\$1259

+Taxes & other fees
(including service charges): \$229

USA

HONOLULU via Vancouver

Aqua Palms & Spa • 3 ★
Continental breakfast
Partial city view rm.
Sept. 9, 12, 13 & 16 • 1 wk.

\$779

+Taxes & other fees
(including service charges): \$147

CRUISE

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Carnival Valor®

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Oceanview stateroom, cat. 6B
Sept. 12 & 26 • 1 wk.

\$1339

+Taxes & other fees
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